

Pre-Season Basketball Clinic

May 19 and 20

1:00 - 5:00 pm

Pre-Season training is directed towards high school athletes (grades 5-12) getting ready for summer basketball which is played in June.

Coaches are looking at team placement for the following year.

Being the best requires court time developing as a player. As a youth player grades 5-12 your developmental curve is substantial and court time is very valuable to your future success. In this program you will work on the following:

- Ball Handling (single ball, two ball, attack and agility control)
- Shooting using individual, partner and group timed events
- Catch and shoot mechanics
- Mechanically correct dribble pickup
- Jump Shots and increasing shooting range
- Footwork, ball position and mechanics for interior moves
- Footwork, ball position for counter moves
- Footwork, ball position and mechanics for perimeter attack moves
- Footwork, body posture and body mechanics for individual & team defense
- Passing methods for different situations
- Speed Agility Quickness (S.A.Q. training)



HAWTHORN FARM
Athletic Club & Spa

Cost: \$99 members/\$129 non-members.

Early bird discount \$5 off if enrolled by Saturday, May 12. Drop in single day rate of \$69, no discounts or advance registration.